



# SELF CARE

## Idea List for JUNE



- ☐ **Modify your dairy diet by substituting a non-fat frozen yogurt or sherbet for ice cream.**
- ☐ **Plan a weekend family vacation that will be relaxing for all.**
- ☐ **Have the children read one book a week during summer vacation. Discuss what they have read during family time.**
- ☐ **Learn to swim this summer.**
- ☐ **Teach children water safety rules.**
- ☐ **If you boat, know safety rules and wear a life preserver.**
- ☐ **Take a CPR class. Review CPR techniques in your Self Care book.**
- ☐ **Avoid spending money on impulse. Just \$15.00 a week adds up to \$780 a year.**

